

Did You Know?

Diabetes is COMMON and INCREASING

- Today, 1 in 10 adult Kentuckians have been diagnosed with diabetes. In 1995, this number was only 1 in 25!
- It is estimated that as many as 1 in 40 Kentucky adults have diabetes but have not been diagnosed, leaving them at risk for serious complications.
- 40 percent of Kentuckians age 40-74 have pre-diabetes and are at very high risk for developing the disease (pre-diabetes means blood sugar levels are elevated but not high enough to be classified as diabetes).

Diabetes is SERIOUS

- Diabetes is the leading cause of blindness, kidney failure and amputations.
- Diabetes is the fifth leading cause of death by disease.

Diabetes is CONTROLLABLE

- Complications such as heart attack, stroke, blindness, kidney failure and amputation can be greatly reduced with proper medical care, good nutrition, modest physical activity and self-management education.

Diabetes is PREVENTABLE

- For those at risk for diabetes, lifestyle changes such as better nutrition and increased physical activity can decrease risk by almost 60 percent.

Diabetes is COSTLY

- Over 16 percent of all hospital stays in Kentucky are related to diabetes.
- Direct and indirect costs of diabetes are nearly \$3 billion each year.

Who We Are

The Kentucky Diabetes Prevention and Control Program (KDPCP) is a public health initiative consisting of a network of state, regional and local health professionals whose mission is to reduce new cases of diabetes as well as the sickness, disability and death associated with diabetes and its complications.

What We Do

Community Mobilization

Mobilize local and state partnerships to identify and positively impact diabetes-related issues.

Public Awareness

Promote state and national diabetes campaign materials and messages to the public.

Community Group Education

Provide classes to inform, educate and empower those with or at risk for diabetes.

Professional Education/Quality Improvement

Facilitate efforts to improve access to quality care for those with or at risk for diabetes.

Surveillance and Evaluation

Monitor data to assess the impact of diabetes, plan appropriate interventions and evaluate the effectiveness of program efforts.

Where We Are

For details about diabetes-related activities available in your area, contact your district/local health department, or the state KDPCP staff listed below and on the reverse side of this brochure.

District Health Departments

Barren River	270-781-8039
Buffalo Trace	606-564-9447
Cumberland Valley	606-864-4764
Gateway	606-674-6396
Green River	270-686-7747
Kentucky River	606-672-2393
Lake Cumberland	606-678-4761
Lexington Fayette	859-288-2423
Lincoln Trail	270-769-1601
Little Sandy	606-474-4115
Louisville Metro	502-574-6663
North Central	502-633-1243
Northern Kentucky	859-363-2115
Pennyrile	270-388-9747
Purchase	270-444-9625
Three Rivers	502-484-3412
WEDCO	859-234-8750

County Health Departments

Allen	270-237-4423
Anderson	502-839-4551
Ashland-Boyd	606-824-7181
Bourbon	859-987-1915
Boyle	859-236-2053
Bracken	606-735-2157
Breathitt	606-666-5274
Breckinridge	270-756-5121

Continued on next page

County Health Depts. continued

Bullitt	502-543-2415
Carter	606-474-5100
Christian	270-887-4160
Clark	859-744-4482
Elliott	606-738-5205
Estill	606-723-5181
Fleming	606-845-6511
Floyd	606-886-2788
Franklin	502-564-4269
Garrard.. . . .	859-792-2153
Greenup	606-473-9838
Hopkins	270-821-5242
Jessamine	859-885-4149
Johnson	606-789-2590
Knox	606-546-3486
Laurel	606-864-5187
Lawrence	606-638-4389
Lewis	606-796-2632
Lincoln.. . . .	606-365-3106
Madison	859-626-4241
Magoffin	606-349-6212
Marshall	270-527-1496
Martin	606-298-7752
Mercer	859-734-4522
Monroe	270-487-6782
Montgomery	859-498-3808
Muhlenberg.. . . .	270-754-3200
Oldham	502-222-3516
Pike	606-437-5500
Powell	606-663-4360
Todd	270-265-2362
Whitley	606-549-3380
Woodford	859-873-4541

KDPCP State Contact Information

Kentucky Department for Public Health
Chronic Disease Prevention & Control Branch
275 East Main Street, HS2W-E
Frankfort, KY 40621-0001
502-564-7996

<http://chfs.ky.gov/dph/ach/cd/diabetes.htm>



Web Resources

American Association of Diabetes Educators
www.diabeteseducator.org

American Diabetes Association
www.diabetes.org

American Dietetic Association
www.eatright.org

Centers for Disease Control and Prevention
www.cdc.gov/diabetes

HealthFinder
www.healthfinder.gov

Juvenile Diabetes Research Foundation Intl.
www.jdrf.org

Kentucky Diabetes Network, Inc.
www.kentuckydiabetes.net

KY Diabetes Prevention & Control Program
<http://chfs.ky.gov/dph/ach/cd/diabetes.htm>

Kentucky Dietetic Association
www.kyeatright.org

National Diabetes Education Program
www.ndep.nih.gov

National Institute of Diabetes & Digestive & Kidney Diseases
<http://www.niddk.nih.gov>

UK Cooperative Extension Service
<http://www.ca.uky.edu/county/>



This publication was supported by Grant/Cooperative Agreement Number U32/CCU422701 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Fourth Printing-March 2008/5K

KENTUCKY DIABETES PREVENTION AND CONTROL PROGRAM



Kentucky Department
for Public Health